

TAI CHI MOVING FOR BETTER BALANCE

**JUNE 4th–JULY 30th
TUES & THURS EVENINGS, 6:30 to 7:30
At LEBANON SENIOR CENTER
579 Exeter Rd. Lebanon 06249**

BEGINNERS & ALL AGES WELCOME
Two nights per week, Eight weeks: \$80

This summer class introduces you to “Tai Chi Moving for Better Balance”, an evidence-based program endorsed by the Centers for Disease Control (CDC). Class sessions include easy warm-ups and classical Tai Chi movements, to learn in class and practice at home for balance, relaxation and rejuvenation!

Register by mailing in Lebanon Recreation Tai Chi Registration Form.
Drop Ins welcome.

**DON'T FALL
DOWN!**



Taught by Joe Pandolfo, of Starfarm Tai & Qigong, Chaplin CT.

A certified Level II Instructor of the ‘*Moving for Better Balance*’ program, Joe has studied Yang style tai chi (the classical foundation for this modern program) for seven years, as well as qigong and other traditional Chinese health practices with local, regional and international masters. He teaches workshops in traditional qigong forms, and this is his second year teaching ‘*Moving for Better Balance*’ in Lebanon CT.

SPONSORED BY LEBANON RECREATION COMMISSION

For more information contact the Lebanon Recreation Department at (860) 642-4085
or email us at lebanonrec@lebanontownhall.org.